



Lycée Français de  
Kuala Lumpur  
**LFKL**  
Henri Fauconnier  
**LUNCH MENU**



		MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY							
		T	V	D	E	G	T	V	D	E	G	T	V	D	E	G	T	V	D	E	G	T	V	D	E	G			
STARTER							GRATED CAROTT	●	✓	✓								SPRING ROLL	●	✓		✓	✓	PUMPKIN SOUP	●	✓	✓		✓
	SALAD BAR																												
WESTERN							CHICKEN NUGGETS	●		✓	✓	✓						LASAGNA	●		✓	✓	✓	FISH TEMPURA	●		✓	✓	✓
							PILAF RICE	●	✓	✓	✓	✓						CAROTT STEW	●	✓	✓			BUTTER PASTA	●	✓	✓		✓
							RATATOUILLE	●	✓		✓												SAUTED CABBAGE	●	✓				
ASIAN							SWEET AND SOUR FISH	●		✓		✓						AYAM MASAK MERAH	●		✓	✓	✓	GARLIC RICE	●		✓	✓	✓
							NODDLES	●	✓	✓		✓						BRIYANI RICE	●	✓	✓		✓	EGGS SAMBAL	●	✓		✓	✓
							BEAN SPROUT	●	✓	✓								ACAR RAMPAI	●	✓				VEGETABLE	●	✓	✓		
DAIRY						EMMENTAL	●	✓	✓								FRUITS YOGURT	●	✓	✓	✓		ICE CREAM	●	✓	✓	✓		
FRUIT																APPLE	●	✓				ORANGE	●	✓					
HOME MADE DESSERT						DANISH PASTRY	●	✓	✓	✓	✓																		

**Information & Privilege:**

All the food served are Halal

Menu may change according to food supply seasons

**Delischool Healthy Food Guidelines**

No added salt in cooking. All our food is MSG (monosodium glutamate) free

We reduce saturated fat, the sugar content and artificial coloring in our production

We bake, grill and steam rather than fry

Guaranteed nut-free, palm oil free, Glutamate and Ajinomoto free

T: TRAFFIC LIGHT SYSTEM

V: VEGETARIAN

D: DAIRY FREE

E: EGG FREE

G: GLUTEN FREE

